

## HEALTH AND MIGHT With PREKESE GhanaMedia: How to Control Yeast Infection Naturally

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Mr. Kwesi Kadodo, a Britain based Ghanaian professional carpenter was vacationing in Ghana and was staying at the posh luxurious Sikay3Barima Hotel at Ekumfi Essakyir in the newly created EKUMFI district in the Central region of Ghana with his girl friend, Mercy Obuaba Akofo. On their first day at the hotel, they were enjoying the cool breeze atmosphere of the hotel's disco as they watched revelers dancing azonto to latest hiplife music selections by Dj Joe Mambo of Mankessim. At about 12 midnight, they made it to the room and started romance for about 30 minutes. Mr. Kwesi in an effort to turn Mercy on intensively used his right middle finger to enter the pants of Ms. Mercy....."OMG!.....what is this?" , he screamed.....Mercy's pants were all heavy with a whitish sticky like fluids that made Kwesi to immediately stop what they were doing and enjoying: Mercy, now feeling shy had to gather courage to tell Kwesi what the problem was: She told him, it was yeast infection. When Kwesi asked if she was receiving any treatment and she replied in the negative. When asked why, she explained that she feels shy to share her experience with even some of her own female friends, so to go to the hospital was out of the question. Hmmmm, Many ladies have the same health challenges but are either too proud to visit a health centre or feel too shy to seek medical intervention. Are you seeing yourself in the above scenario? Please continue to read the article below culled from natural news website to learn about how healthy eating habits and common foods can help prevent or help manage yeast infections:



## PREKESE GHANA MEDIA:

Three out of four women will experience a yeast infection at some point in their lives. Symptoms like recurring vaginal infections and digestive disorders are now more common than ever before. In this article you will find a list of four healthy foods that hold the potential to prevent or even reverse yeast infection naturally – no prescription drugs required.

Yeast infection – also known as thrush or candidiasis – is a medical condition caused by a bacterial imbalance in the body. This type of infection develops when *Candida albicans* – a naturally occurring yeast present in all human beings – grows out of control, and its cells overwhelm the beneficial bacteria in the vagina or your GI tract. The result is a vast array of unpleasant symptoms, including chronic fatigue, digestive problems and recurring vaginal infections. The following foods can help prevent yeast infection:

## #1) Cold-pressed coconut oil

If you're looking for ways to prevent or even cure *Candida* overgrowth, coconut oil is probably the best plant-based fat you can add into your diet. It contains caprylic acid, a powerful antifungal agent that directly kills the *Candida* yeast. Coconut oil is heat stable, which makes it perfect for cooking. You may eat up to three tablespoons per day.

## #2) Garlic

Garlic is widely recognized for its wonderful health benefits – and with a good reason. A fresh clove is high in a biologically active compound called allicin. This is a strong anti-fungal substance capable of killing off a wide variety of pathogens, including *Candida albicans*. Eat two raw cloves each day or buy supplements in a tablet form.

## #3) Almonds

Almonds are recommended for two reasons. First, they are well known for their prebiotic properties that improve our digestive health by increasing levels of beneficial gut bacteria. Second, almonds are an excellent source of alkaline protein.

## #4) Cayenne pepper

The use of cayenne pepper dates back to ancient times. It improves circulation and metabolism, which is essential in order to cure *Candida* overgrowth. Cayenne pepper can be used liberally to spice up your favourite meals.

The above four tips are just scratching the surface of the ways that you can prevent or cure chronic yeast infection and stay healthy. Eating real food while avoiding anything that's artificially altered should be your first step towards better health. Let your food be medicine and get rid of yeast infection once and for all.

## FURTHER READING:

<http://www.oprah.com/health/How-to-Adjust-Your-Diet-to-Prevent-Yeast-Infections>

<http://women.webmd.com/10-ways-to-prevent-yeast-infections>

<http://ezinearticles.com/?Foods-to-Prevent-Yeast-Infection—What-Every-Woman-Must-Know!&id=1943489>

[http://www.disabled-world.com/artman/publish/candida\\_.shtml](http://www.disabled-world.com/artman/publish/candida_.shtml)

<http://www.livestrong.com/article/326136-what-foods-prevent-yeast-infections/>

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